



PLEASE JOIN US FOR FREE SPRING GUIDED WALKS IN THE COUNTY PARKS

Tips and hints
to be more
active at each
walk



Registration for walks begin at 9:00 A.M. on site

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| MAY 7 - Chestnut Ridge Park
Meet at Casino | JUNE 4 - Ellicott Creek
Meet at Friendship House |
| MAY 14 - Akron Falls Park
Meet at Cumming Lodge | JUNE 11 - Emery Park
Meet at Fieldhouse |
| MAY 21 - Sprague Brook
Park - Meet at Casino | JUNE 18 - Isleview Park
Meet at Gazebo 2 near
maintenance building |

Healthy Family Fun

- At these walks, you'll be able to learn more about how to get healthy and stay healthy, participate in assorted health screenings including blood pressure, BMI and others.
- Assorted health education materials and smoking cessations services, products, and cessation program enrollment available at each walk.



Be Active Erie County! is a series of guided walks
for all ages in the beautiful Erie County parks

Proudly sponsored by



With support from:
The Wellness Institute

Questions?

716-858-7226

716-851-4052